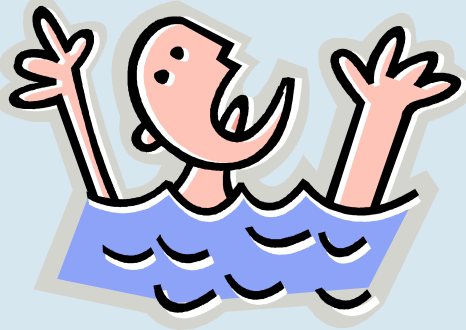


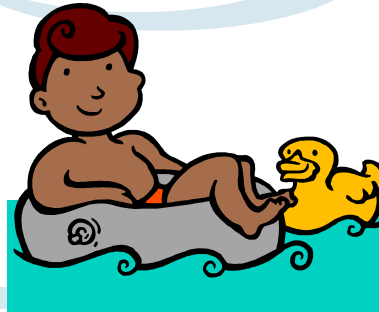
Never Run, Push or Jump  
on others around water!



If someone should need help in  
the water, call 911 or have  
someone else call, before going  
in to help them. The sooner an  
ambulance is on the way, the  
better!



HAVE FUN AND STAY SAFE!  
ALWAYS PRACTICE GOOD  
WATER SAFETY RULES!



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THE WEST DES MOINES  
POLICE DEPARTMENT  
PRESENTS:

## A Kids Guide to Water Safety





Whether at the pool, the beach or in a boat...

Being and staying safe in and around water is always important. Here we will discuss a few ways you can stay safe and have fun doing it!

### Always use the buddy system

No matter where you are, it's always safer, and more fun, to be there with someone else. Even the best swimmers can find themselves in need of some help at times. Having someone there with you to help, or to call for help, is the best idea. Never go it alone!



### Take Swimming Lessons

Lessons are offered at your local aquatic center, the YMCA, through private instructors and at many other places throughout the year. No matter what your age, it is never too late to learn this valuable, life-long skill. Once you learn, always try to keep in practice!

### Wear a life vest!



This is especially important when in a boat! Even an experienced swimmer could be at risk should they fall from a boat or if they collide with another boat or object. A life vest could save your life!



### Obey lifeguards and any signs that may be posted in the area

Lifeguards, warning signs and posted rules are all there with one thing in mind-KEEPING YOU SAFE! When you disregard or disobey them, you put yourself and others at risk.

### Diving boards and slides are a lot of fun, but keep in mind.....



Be sure of the depth of the water you are diving into, to avoid serious injury.



Always patiently wait your turn on the slide. Be sure the bottom of the slide is clear of other swimmers before sliding down to avoid injury to yourself or someone else.